

# Runner's Manual

Valles Caldera National Preserve- New Mexico

Run the Caldera 2013



**10K and Half Marathon:** June 8, 2013 @ 9am

**Full Marathon:** June 9, 2013 @ 8am

**Location (all races):** Banco Bonito Staging Area

Mile marker 30 off NM Highway 4

## CONTACT:

Emily Blumenthal- Special Events Coordinator for Valles Caldera Trust  
(505) 428-7722

[ebumenthal@vallescaldera.gov](mailto:ebumenthal@vallescaldera.gov)

## Table of Contents

Introduction.....	Page 3
<b>Overall Race Schedule.....</b>	<b>Page 4</b>
Course Maps, Descriptions, and Markings.....	Page 5
Aid Stations .....	Page 6
Packet Pick-up & Bibs.....	Page 6-7
Parking Opening and Race Start Times.....	Page 7
Switching Races, Cutoff Times, and Dropping Out.....	Page 8
Results and Awards.....	Page 8
Rules, Weather and Other Considerations.....	Page 9
Lodging and Dining.....	Page 10
Driving Directions.....	Page 10-12
Upcoming Events.....	Page 13

## INTRODUCTION:

Welcome to the Valles Caldera National Preserve's  
Run the Caldera: 10K, Half, and Full Marathon!

*Thank you for participating in this event!  
All proceeds generated go to help support the  
Valles Caldera National Preserve*

We want to extend a big “**THANK YOU**” to our wonderful volunteers whose support has helped make this special event possible. Please let them know they are appreciated when you get the opportunity!

Those that are interested in volunteering for Run the Caldera, please contact Emily Blumenthal at [eblumenthal@vallescaldera.gov](mailto:eblumenthal@vallescaldera.gov) or 505-428-7722

For other great volunteering opportunities on the Valles Caldera National Preserve, please sign up for our mailing list. [Click Here](#) to sign up for our mailing list, or visit [www.vallescaldera.gov](http://www.vallescaldera.gov) and click on the upper left corner tab “Mailing Lists”.

Check out our  page for local specials and offerings during Run the Caldera 2013!

## ➤ **Overall Race Schedule:**

- **Friday May 10<sup>th</sup>:** Deadline for registration
- **Thursday June 6<sup>th</sup>:** Pre-race packet pickup at El Zócalo- Sandoval County's Historic Convent Event Center in Bernalillo, NM **from 9am-4pm.**
- **Saturday June 8<sup>th</sup>:** **10K and Half Marathon Race day!**

7:00 am	parking at Banco Bonito and check- in opens
8:45 am	last call for check-in
9:00 am	start for 10K and Half Marathon
~11:00 am	<b>10K</b> Award Ceremony for top 3 male and female finalists
~12:00 pm	<b>Half</b> Award Ceremony for top 3 male and female finalists
1:00 pm	Cutoff for 10k
2:00 pm	Cutoff for Half Marathon

- **Sunday June 9<sup>th</sup>:** **Full Marathon Race day!**

6:00 am	parking at Banco Bonito and check- in opens
7:45 am	last call for check-in
8:00 am	start for Full Marathon
~12:00 pm	Award Ceremony for top 3 male and female finalists
4:00 pm	Cutoff for Full Marathon

**Course Maps:** Maps can be found (and printed) on our website. [Click here](#) for a link to the maps.

### **Course Description:**

The courses will be run on two-track logging roads, some of which are overgrown with grass and encroaching vegetation. The 10K and the Half Marathon travel on routes that are above 8,000 feet in elevation within the southwestern corner of the Valles Caldera National Preserve. The terrain for both varies from ponderosa pine forests to sweeping meadows. Expect elevation changes +/- 800 feet.

### **Course Marking:**

The entire course will be marked before the event. The flags are orange in color, 4 by 5 inches in size, printed with the VCNP logo, and attached to a metal wire post (see photo). These flags will be placed in the ground along the **right hand side of course**. When approaching intersections please be aware of your surroundings and look for flags. If you pass a junction and do not see any flags, please return to the intersection and ensure that you have not gone off course. To prevent runners getting off course we have locations with course marshals and have also placed aid stations at most of these intersections.



## Aid Stations/Volunteering:

There are 3 aid stations along the 10K, 5 along the ½, and 8 along the full marathon. Aid stations are *approximately* 2-3 miles apart from one another. Aid stations will have Basic first aid supplies and the following:

### **\*\*VOLUNTEERS CHEERING YOU ONWARD WITH:**

- Water
- Electrolyte drink
- Soda (various flavors)
- Assorted salty foods (pretzels, chips, etc)
- Fresh cut fruit
- Cookies, sweets

► Runners who require special nutritional needs and medications are encouraged to carry supplies with them.

*\* If you know anyone who would like to volunteer for the event, please have them e-mail: [eblumenthal@vallescaldera.gov](mailto:eblumenthal@vallescaldera.gov)*

## Packet Pickup & Bibs:

T-shirt and bib numbers will be included in your packet.

► Pre-race packet pick up will be available on:

Thursday June 6th from 9am – 4pm at the **El Zócalo**. “Sandoval County’s Visitor Center” in Bernalillo, NM. Click on the address below for a map.

[264 S. Camino del Pueblo](#)  
[Bernalillo, New Mexico 87004](#)  
[505-867-8687](#)

Website: <http://elzocaloplaza.com/>

**\*You may also pick up your bib and t-shirt the day of the race- please arrive early!\***

## Bibs:

Bib numbers for 10K Runners will be numbered 0-250 and will be Green.

Bibs numbers for Half Marathon Runners will be numbered 251-601 and will be Black and White.

Bibs numbers for Full Marathon Runners will be numbered 602-1202 and will be Orange.

## Parking Opening Hours and Race Start Times:

*Please carpool if possible! Space will be limited. Parking attendant volunteers will guide you to available parking spots.*

➤ June 8th, 2013 Banco Bonito Parking Lot open by 7:00am

- 10K Start Time: 9:00 am

- Half Marathon Start Time: 9:00 am

➤ June 9th, 2013 Banco Bonito Parking Lot open by 6:00am

- Full Marathon Start Time: 8:00 am

**\*ALL RUNNERS MUST CHECK IN AT LEAST 15 MIN. BEFORE RACE!\***

***Please arrive 1 Hour before your race to allow for check-in***

## **Switching Races, Cutoff Times, and Dropping Out:**

Runners often decide to change their scheduled run and downgrade for many different reasons. When checking-in on the day of your preferred race, please notify us that you have downgraded from the Half to the 10K. If you wish to downgrade from the Full Marathon to either the Half or the 10K, just remember to show up **JUNE 8<sup>TH</sup>!**

### **Cut-off times for the races are:**

- 10k - 9:00am start – 1:00 pm cutoff. **4 total hours.**
- Half Marathon - 9:00am start – 2:00 pm cutoff. **5 total hours.**
- Full Marathon - 8:00am start – 4:00 pm cutoff. **8 total hours.**

At the mentioned cutoff times, runners on the course will be picked up by follow/sweep vehicles.

Runners that wish to drop out during the race will be picked up by follow vehicles or emergency personnel if necessary. Communicate to the nearest Aid station or course marshal if you wish to drop out of your race.

## **Results:**

Results will be posted online at:

[http://www.vallescaldera.gov/comevisit/run/run\\_results.aspx](http://www.vallescaldera.gov/comevisit/run/run_results.aspx)

A live stream of results will also be available at Banco Bonito during the event.

## **Awards:**

All finishers for all races will receive a finisher award medallion. The top 3 male and female finishers in all three races will receive custom art pieces. More information about these awards will be updated on our facebook page [www.facebook.com/runthecaldera](http://www.facebook.com/runthecaldera)



## **Rules:**

- *All runners are required to check in with a race official at least 15 minutes before the start of the race.*
- All downgraded runners must notify check-in staff, who will appropriately mark your bib.
- Please stay on the marked route of your race.
- The preserve does not allow any pets. Only service animals may accompany owners. Please do not leave pets in your car in the parking lot.
- Please do not remove any artifacts, antlers, plant materials or minerals from the preserve. No collecting of items are allowed.
- No littering. Please leave trash at aid stations and follow “leave no trace” ethics.
- Please do not approach or harass wildlife or livestock.

## **Weather and Other Considerations:**

- Each race will be run at 8,000 ft elevation and higher. Dehydration and sun exposure are major concerns. Keep hydrated and wear sunscreen or protective clothing.
- Due to elevation a wide variety of weather is possible including, snow, hail, rain, lightning, high winds and high temperatures. Be prepared!
- Average Temperatures and humidity for Banco Bonito area during June 2012: [\(data from Valles Caldera National Preserve Climate Stations\)](#)
  - Average Temperature High of 80 Deg.F
  - Average Temperature Low of 50 Deg. F
  - Average Humidity 20%
- June 8<sup>th</sup> and 9<sup>th</sup>  
Sunrise: 5:50 am  
Solar noon: 1:05 pm  
Sunset: 8:20 pm

## Lodging and Dining:

Links to lodging & dining in Los Alamos: [www.visit.losalamos.com](http://www.visit.losalamos.com)

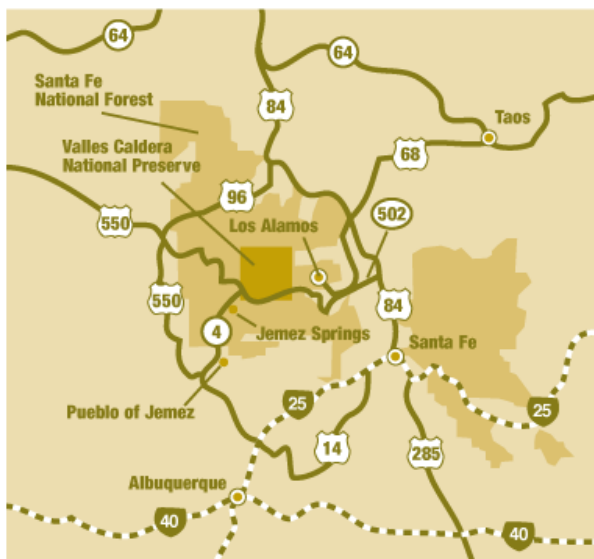
Link to lodging & dining in Jemez Springs: [www.jemezsprings.org](http://www.jemezsprings.org)

Link to Camping & Recreation in the Jemez Mountains:

<http://www.fs.fed.us/r3/sfe/recreation/districts/jemez/index.html#camping>

## Driving Directions (Click here Map):

(Please try to car pool if possible as parking is limited!)



To drive to the Banco Bonito Staging area of the Preserve from Albuquerque, you can go via Los Alamos or via Jemez Springs.

### From Albuquerque via Los Alamos:

- Take I-25 north to Route 599 (Santa Fe Relief Route) - follow signs on 599 north to Los Alamos- Espanola).
- In Pojoaque, follow signs to Los Alamos and Hwy 502.
- You can take the "truck route" to Highway 4 below Los Alamos or drive through Los Alamos and follow signs to "Jemez Mtns." (State Hwy. 4)
- (If you pass through Los Alamos proper, take Trinity Drive to Diamond. Take a left on Diamond, then a right on West Jemez Road to the intersection with State Highway 4. Take a right [away from Bandelier National Monument], following the highway up and into the Jemez Mountains.)

➡ The Banco Bonito Staging area entrance is at **mile marker 30** on Highway 4 from Los Alamos. Driving time from Albuquerque's Big-I is approximately 2.5 hours.

### From Albuquerque via Jemez Springs:

- Take I-25 North and Exit on to Highway 550 (Farmington Highway - old Hwy 44).
- In San Ysidro, take Hwy 4 to Jemez Pueblo and Jemez Springs.
- Follow Highway 4 at fork at La Cueva (stay right).
- ➡ Banco Bonito Staging area is on the left at **mile marker 30** on Highway 4.
- Driving time from Big-I is about 2 to 2.5 hours.

### From Santa Fe:

- Head north on Highway 84-285 past the Santa Fe Opera.
- In Pojoaque, follow signs to Los Alamos and Hwy 502.
- You can take the "truck route" to Highway 4 below Los Alamos or drive through Los Alamos and follow signs to "Jemez Mtns." (Hwy 4)
- (If you pass through Los Alamos proper, take Trinity Drive to Diamond. Take a left on Diamond, then a right on Jemez Road to the intersection

with State Highway 4. Take a right [away from Bandelier National Monument], following the highway up and into the Jemez Mountains.)

- ➡ Banco Bonito Staging Area entrance is on the right at **mile marker 30**. Driving time is about 1.5 hours.

#### From Northern NM:

- Take Highway 84-285 from Espanola.
- Take Hwy 30 through Santa Clara Pueblo and then take Hwy 502 to Los Alamos. The route is well marked.
- ➡ Parking for the races will be at the Banco Bonito Staging Area. This entrance is located near mile marker 30 on highway 4.

## Upcoming Events:

Want more opportunities to come visit the Valles Caldera National Preserve?  
Here are a few upcoming events you should check out!

- **Valles Caldera Preservation Act Celebration is July 25-28<sup>th</sup>, 2013:**  
*Come celebrate the birthday of the Valles Caldera National Preserve!*  
No registration necessary, this is a free event. Select hikes will be free and some tours will be discounted during this event! Come join the fun at the Valle Grande Staging Area between 8am and 5pm!
- **[Cruise the Caldera/Twilight MB Ride on June 22 and August 17, 2013:](#)**  
Come explore the Caldera on your mountain bike! This is a popular event that allows you to see most of the preserve from the comfort of your handlebars. Pre-registration encouraged, but not necessary.
- **[Photography Adventure \(Fall\) is September 20-22, 2013:](#)**  
This is a lottery event that *closes August 21, 2013* so buy your tickets online now by clicking [here](#)! Winners will be allowed to bring a friend with them on a three day adventure to take photos of pretty much anywhere you want to go in the Preserve.
- **[The Annual Jemez Mountains Elk Festival is October 10-13<sup>th</sup>, 2013:](#)** Trying to find something to do after you've seen your fill of Hot Air Balloons? Enjoy the fall colors of the Jemez Mountains and check out our free Elk Festival event! View these amazing creatures in their habitat and learn about the region. Fun demonstrations and activities daily. No registration necessary.

*Visit our [calendar](#) on our website for a complete list of daily events and additional information.*

*Join our [mailing list](#) for volunteer and employment opportunities, upcoming events, and breaking news!*